**Caloric Intake and the Food Pyramid**

Key Terms:

1. Food Pyramid
2. Calorie
3. Carbohydrate
4. Protein
5. Fat
6. Caloric Intake
7. Energy Expenditure
8. Basic Metabolic Rate

The objectives of this lesson are to:

- review the food pyramid and its nutritional components.

- define and understand a calorie.

- calculate energy needs for a healthy individual.

-maintain a food diary.

In the beginning of the lesson, review the basic components of the food pyramid. You can find resources at <http://www.mypyramid.gov/> . Discuss an average day of intake and record it for the students to analyze. Be sure the students consider portion size and fluids as they progress through the sample intake day. Discuss where the food items would fall in the pyramid. Did the students meet the average intake for each category? Where did they fail to meet the recommendations? Where did they meet the recommendations? Work on balancing these needs as appropriate.

Next, introduce the calorie (<http://www.bing.com/Dictionary/search?q=define+calorie&FORM=DTPDIA&qpvt=definition+of+calorie>) . Discuss BMR (<http://health.discovery.com/centers/heart/basal/basal.html>) and its relation to the calorie. Review the carbohydrate (CHO), protein (P) and fat (F) values in calories. CHO= 4 kcal/gram, P= 4kcal/gram, and F= 9kcal/gram. Review the average day discussed at the beginning of the lesson. After calculating each students’ BMR, decide of this daily intake is appropriate for their needs. Engage in discussion based on how adaptations can be made to improve their daily needs based on the example.

Discuss what is meant by a food diary. Ask the students to participate in a food diary consisting of three days. The students should record all food intake, including portion sizes and fluid intake. g